



Your Leading Mental Health Resource

1000 Twinbrook Parkway, Rockville, MD 20851
301.424.0656 • www.mhamc.org

Military Outreach Initiative Information and Resource Helpline

of the HOPES Program



We are here to help you



The initiative is designed to help military families - Active, Reserve, National Guard and Veteran - find necessary resources in the community



The helpline can assist you in finding resources through our Specialized Information and Referral Services in the National Capital Region

Why would you want to call?



To gain access to mental health services in the area



To gain access to benefit service information



To gain access to family readiness organizations in the area



To gain access to information on housing, employment, transition assistance, recreation & substance use

*Phone line open 9:00~12:00 pm
Monday through Friday*

(301) 738~7176

- In the National Capital Region, an estimated 36,967 have “ever deployed.”
- Nearly 30% of all patients with combat-related injuries seen at WRAMC from 2003-2005 sustained a Traumatic Brain Injury (TBI).

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Mental Health Association of Montgomery County